



Fast Facts

CALIFORNIA DEPARTMENT OF HEALTH SERVICES

DIABETES CONTROL PROGRAM

Reducing the adverse personal and public impact of diabetes on California's diverse communities is the mission of the Diabetes Control Program (DCP). The DCP collaborates with a number of partners on projects aimed at prevention, detection, and intervention among persons at risk for diabetes and its complications. The DCP is primarily funded through a grant from the Centers for Disease Control and Prevention.

Statistics

- Over two million Californians suffer from diabetes, experiencing great physical and emotional suffering from the complications of this disease. An estimated 600,000 of these are undiagnosed.
- Diabetes disproportionately burdens Latinos, African Americans, Native Americans, and Asian/Pacific Islanders.
- Complications due to diabetes include blindness, kidney failure, amputation of the lower limbs, heart disease, and stroke.
- There are over 300,000 diabetes-related hospitalizations each year in California, at a cost of \$3.4 billion annually.
- In California, between 1994-97 there was an average of 21,025 deaths each year directly or indirectly attributable to diabetes.
- Approximately 80 percent of people with type 2 diabetes are overweight.
- During the 1990s, the prevalence of type 2 diabetes increased by 33 percent overall, and by 70 percent among people in their 30s. Formerly called "adult onset diabetes" type 2 diabetes is on the rise in children and teenagers.
- The number of people in California with diabetes is expected to double by 2020.

Selected Projects and Activities

Basic Guidelines for Diabetes Care. The DCP and the Diabetes Coalition of California developed *Basic Guidelines for Diabetes Care*. Companion materials include a PowerPoint presentation for health care professionals, a PowerPoint presentation entitled *Take Charge!* designed for use by laypersons, and the *Diabetes Health Record*

card, a self-management tool for patients. Extensive work is occurring with many health plans, medical groups, and others to implement these guidelines statewide to improve the quality of care provided to patients with diabetes.

Health Communications. The DCP works with many community and statewide organizations to promote diabetes messages. The DCP takes the lead in promoting awareness campaigns for people with diabetes from the National Diabetes Education Program and the National Flu Campaign. Messages are communicated via radio, television, print, special events, and the Internet.

Also, the DCP hosts monthly Spanish-language radio talk shows about diabetes. Broadcast from the Los Angeles area, the show reaches approximately five million people with diabetes and covers such topics as symptoms and risk factors, nutrition, foot and eye care, exercise, and Medicare.

In addition, the DCP partnered with the Department of Health Services' Refugee Health Section to obtain translations of the *Diabetes Health Record* card in eight languages: Arabic, Cambodian, Chinese, Farsi, Hmong, Laotian, Russian, and Vietnamese. Translations of the *Take Charge!* PowerPoint presentation are underway. Materials are also available in English and Spanish.

Medi-Cal (Medicaid) Type 2 Diabetes Demonstration Project. The DCP and Medi-Cal, in collaboration with the University of California at San Diego, Santa Barbara Regional Health Authority, and Harbor-UCLA Medical Center, are implementing a project investigating innovative models of diabetes management in managed care health systems and large fee-for-service Medi-Cal providers. The model involves case management and adapts aspects of the Diabetes Control and Complications Trial for Medi-Cal recipients with type 2 diabetes. The goal of this project is to determine whether hospitalizations, complications, and medical expenditures can be reduced with improved case management, diabetes education, and appropriate patient care.

U.S.-Mexico Diabetes Border Project. This five-year collaborative project will determine the current prevalence of diabetes along the U.S.-Mexico border using unified procedures and standards of measurement. The DCP will help develop coordinated, binational diabetes prevention and control programs that respond to the needs of the border population.

Diabetes Consumer Action Groups. The DCP will spearhead the development of statewide Consumer Action Groups led by people with diabetes with funding received from the California HealthCare Foundation. The Diabetes Consumer Action Groups will offer opportunities for people with diabetes to inform others with diabetes on how to use the Basic Guidelines for Diabetes Care, discuss disparities in treatment, develop patient/provider communication skills, provide support, and identify local resources. Research has shown that peer education is a powerful mechanism to improve outcomes for patients.

California Cooperative Healthcare Reporting Initiative (CCHRI). The collaborative model developed by CCHRI is an agreement among 10 major health plans, 27 provider organizations, and employers in the state to measure and improve the quality of care delivered to managed care enrollees with diabetes. Collaborative members have committed to jointly assess diabetes performance measures, implement common interventions, and re-measure following the intervention. The DCP is a member of the steering committee for this collaborative and is involved with all aspects of the model project.

Surveillance. The Behavioral Risk Factor Surveillance System (BRFSS) is the cornerstone of the DCP's comprehensive diabetes surveillance system. These data, along with data on hospital discharges and vital statistics, have been used to develop county-specific diabetes fact sheets that are available upon request. The DCP publishes periodic reports on the prevalence and trends in diabetes and its complications.

Contact Information

For more information, contact the DCP at Department of Health Services, Diabetes Control Program, 601 N. 7th Street-MS 675, P.O. Box 942732, Sacramento, CA 94234-7320; (916) 445-2547; fax (916) 324-7764; e-mail diabetes@dhs.ca.gov or Web site at www.dhs.ca.gov/diabetes.